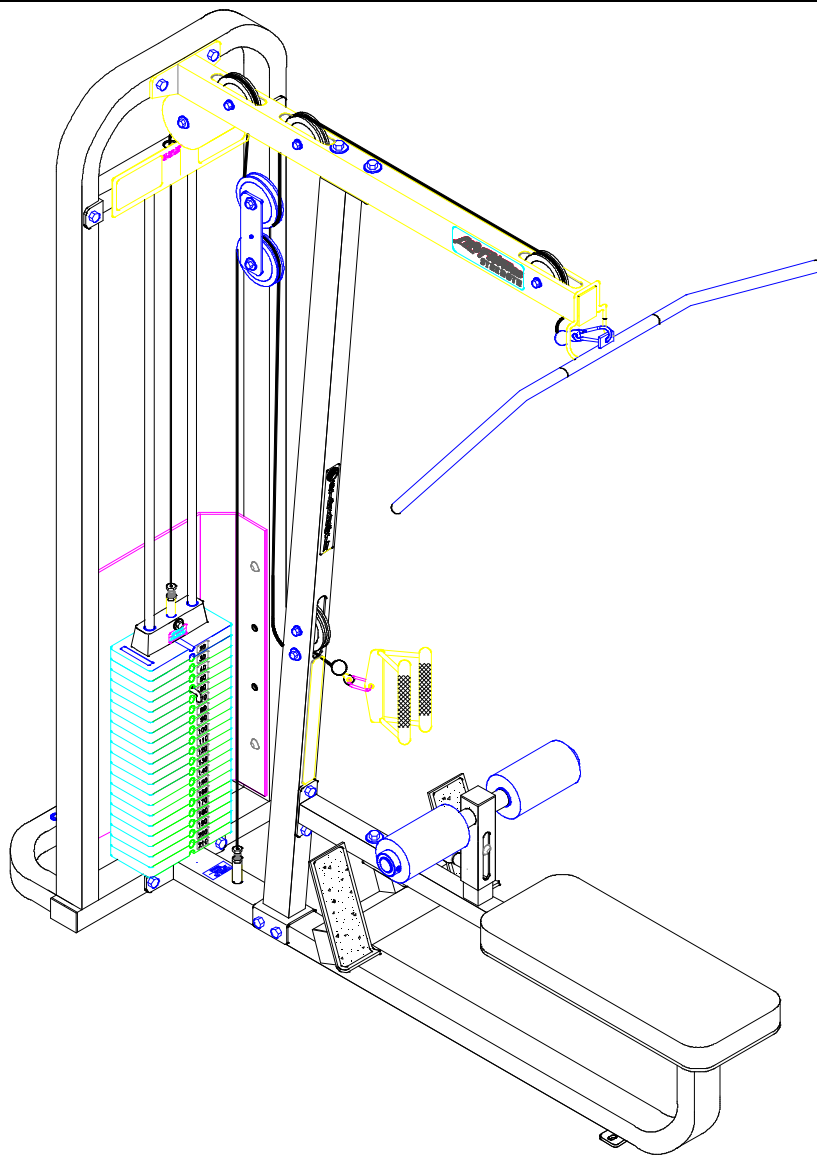


Life Fitness **STRENGTH**

8210 LAT PULLDOWN/LOW ROW



ASSEMBLY INSTRUCTIONS



IMPORTANT NOTES

Please note:

- * Thank you for purchasing the LIFE FITNESS 8210 LAT PULLDOWN/LOW ROW. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your LIFE FITNESS customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

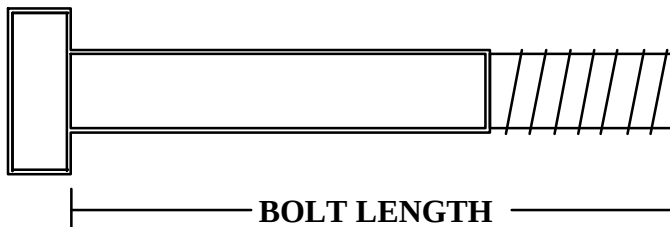
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local LIFE FITNESS STRENGTH distributor or call the LIFE FITNESS STRENGTH customer service department at (800) 328-9714.
5. Consult your physician before beginning any exercise program.

Tools Required for Assembly

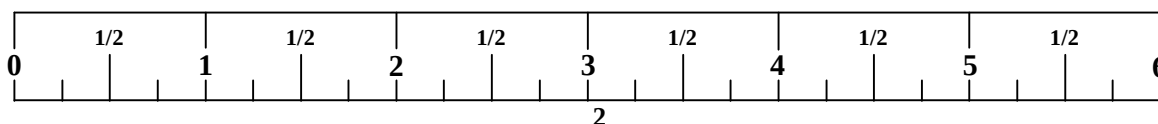
- * Rubber mallet or hammer
- * 3/4" wrench, 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * 5/32", 3/16", 7/32" Allen wrenches
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6775503	BENCH FRAME	1	22	3102922	3/8 X 2-3/4" BOLT	7
2	6775103	TOP BOOM	1	23	3202401	3/8 X 1" BUTTON HEAD	5
3	6774602	KNEE SUPPORT	1	24	3102502	1/2 " WASHER	12
4	6778103	UPRIGHT	1	25	3102501	3/8" WASHER	9
5	6774302	FOOT SUPPORT	1	26	3102801	1/2" LOCKNUT	13
6	6792403	TOWER	1	27	3102802	3/8" LOCKNUT	8
7	6777703	TOWER BRACE	1	28	6480301	3/8" FLANGE SPACER	8
8	6489902	2 X 7-1/4" PLATE	2	29	6412001	3/8" SPRING PIN	1
9	6275301	LAT BAR	1	30	3103801	5/16" SNAP HOOK	2
10	6678201	DOUBLE D CHROME HANDLE	1	31	3103302	13/16" SHAFT COLLAR	2
11	6781701	112-3/4" LOW ROW CABLE	1	32	3103304	1-5/16" SHAFT COLLAR	2
12	6781501	122-3/4" LAT CABLE	1	33	6284501	WEIGHT STACK SHAFT	1
13	3116101	4-1/2" PULLEY	7	34	6714601	HEAD PLATE	1
14	6772301	21-1/2" TUBE	1	35	6214401	SELECTOR PIN	1
15	6523401	GUIDE ROD	2	36	6214501	WEIGHT PLATE	20
16	6677204	SEAT PAD	1	37	3108002	WEIGHT STACK CUSHION	2
17	6764901	ROLLER PAD	2	38	3105301	5/8" CAP PLUG	2
18	3102917	1/2 X 4" BOLT	12	39	6382301	PLATE BUSHING (10 COUNT)	4
19	3102910	1/2 X 3" BOLT	2	40	6703801	WEIGHT STACK LABELS LBS.	1
20	3102901	3/8 X 1-1/4"	1	41	6189501	WEIGHT STACK LABELS (1-25)	1
21	3102902	3/8 X 2-1/4" BOLT	3	42	6791102	SHROUD	1

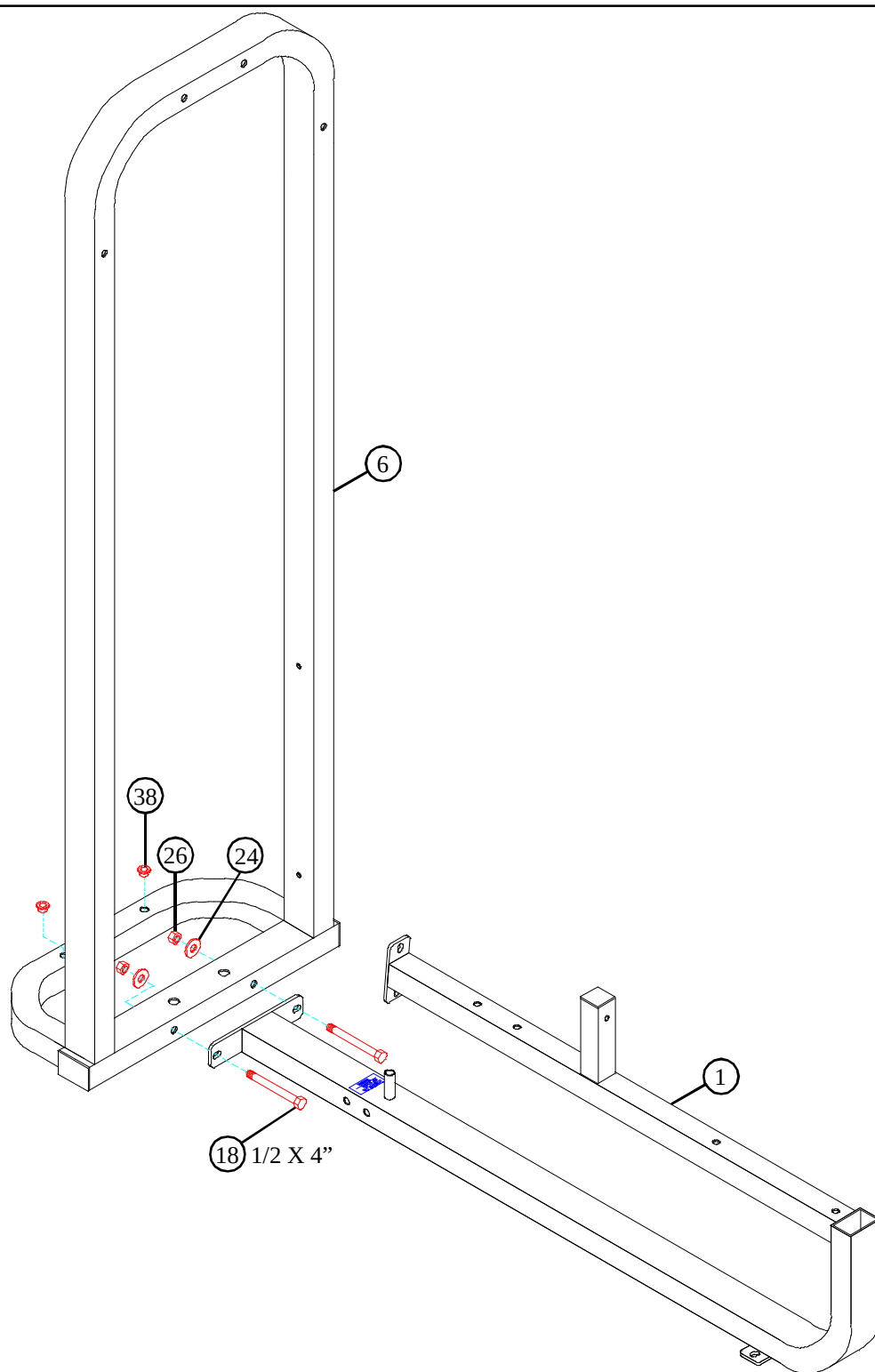
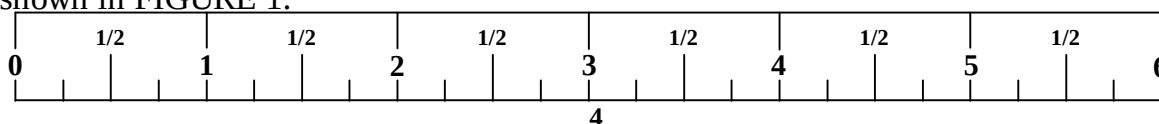


FIGURE 1

STEP 1:

- **LOOSELY** assemble the BENCH FRAME (1) to the TOWER (6) using two 1/2 X 4" BOLTS (18), two 1/2" WASHERS (24), and two 1/2" LOCK NUTS (26) as shown in FIGURE 1.
- If the machine is not going to be bolted to the floor, insert two 5/8" CAP PLUGS (38) into the TOWER (6) as shown in FIGURE 1.



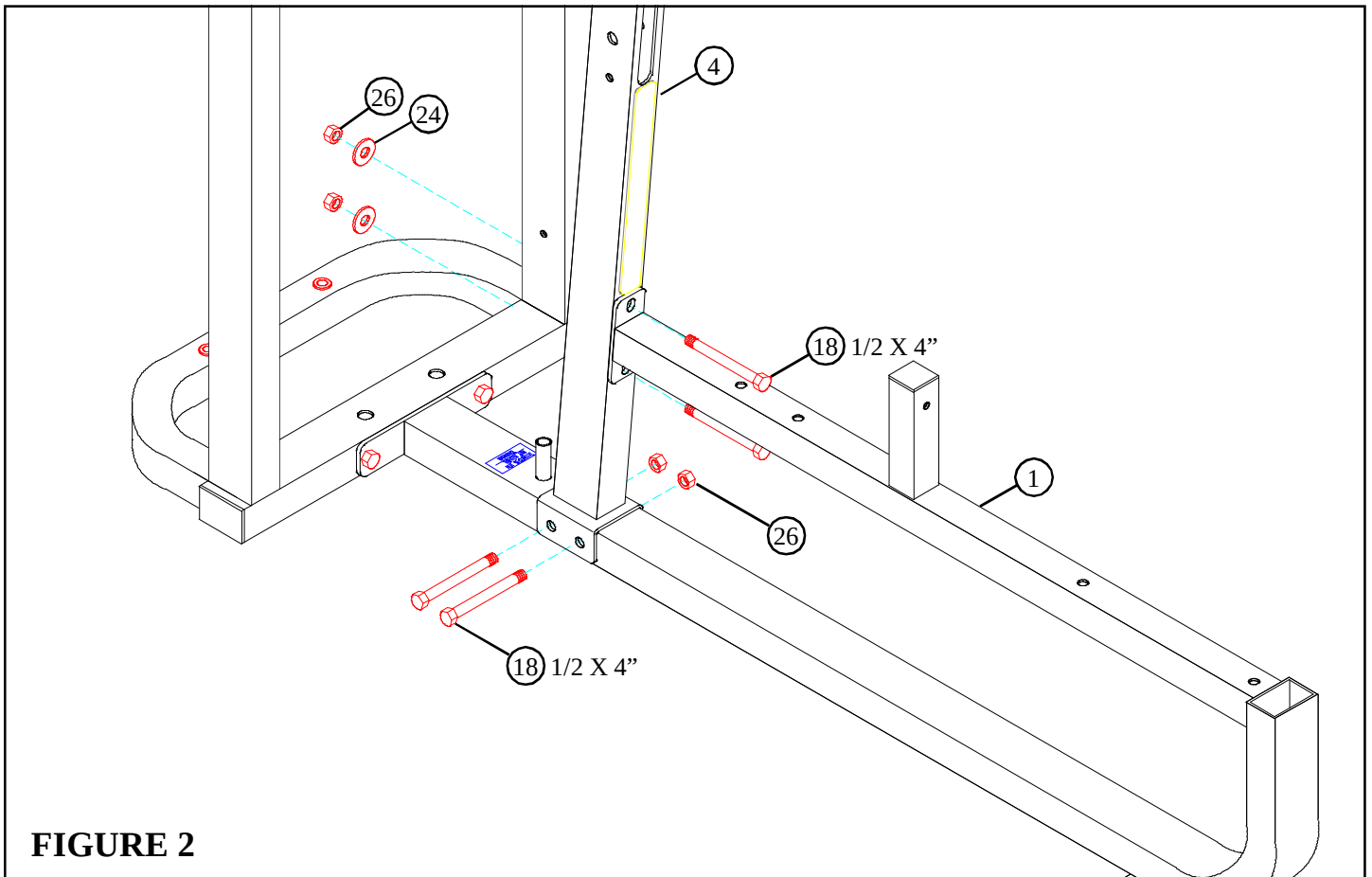


FIGURE 2

STEP 2:

- **LOOSELY** assemble the UPRIGHT (4) to the BENCH FRAME (1) using four 1/2 X 4" BOLTS (18), two 1/2" WASHERS (24), and four 1/2" LOCK NUTS (26) as shown in FIGURE 2.

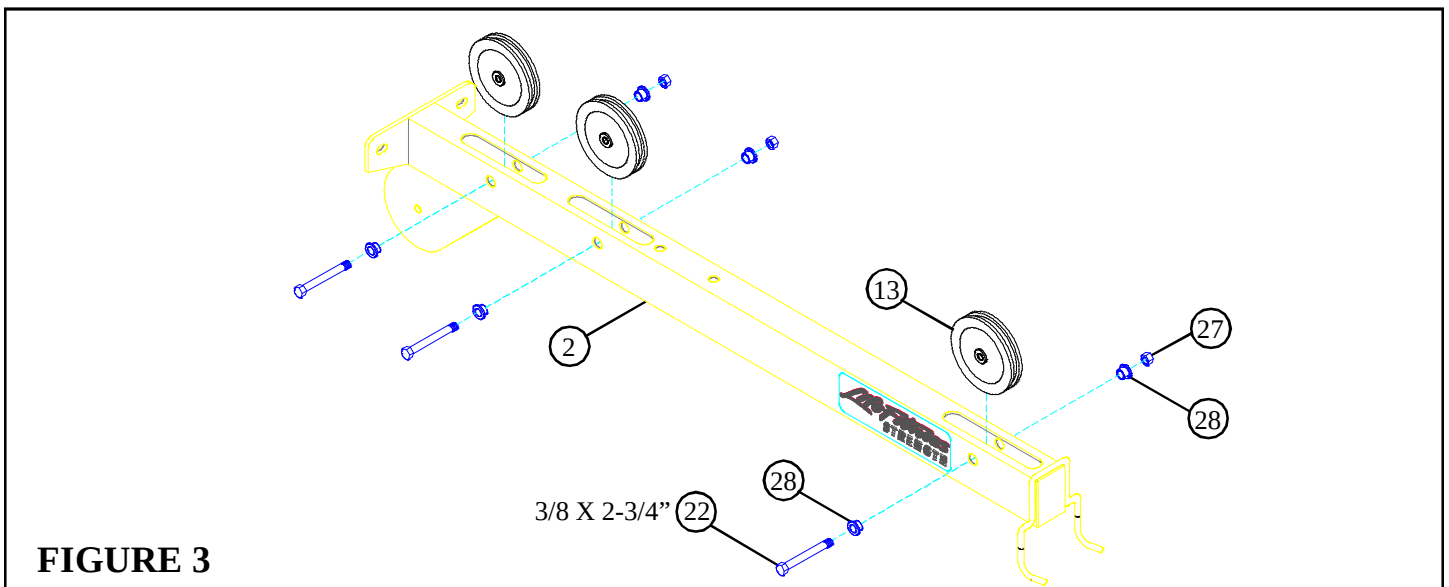
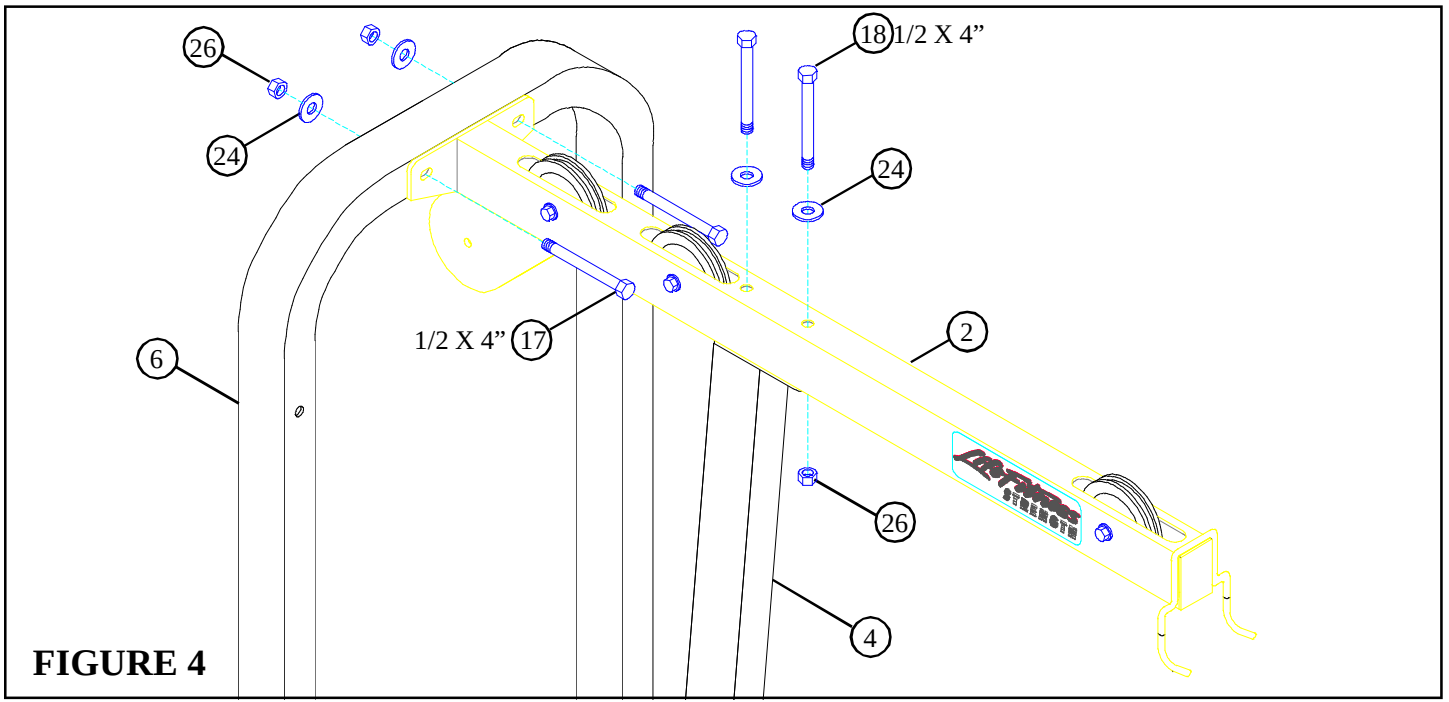


FIGURE 3

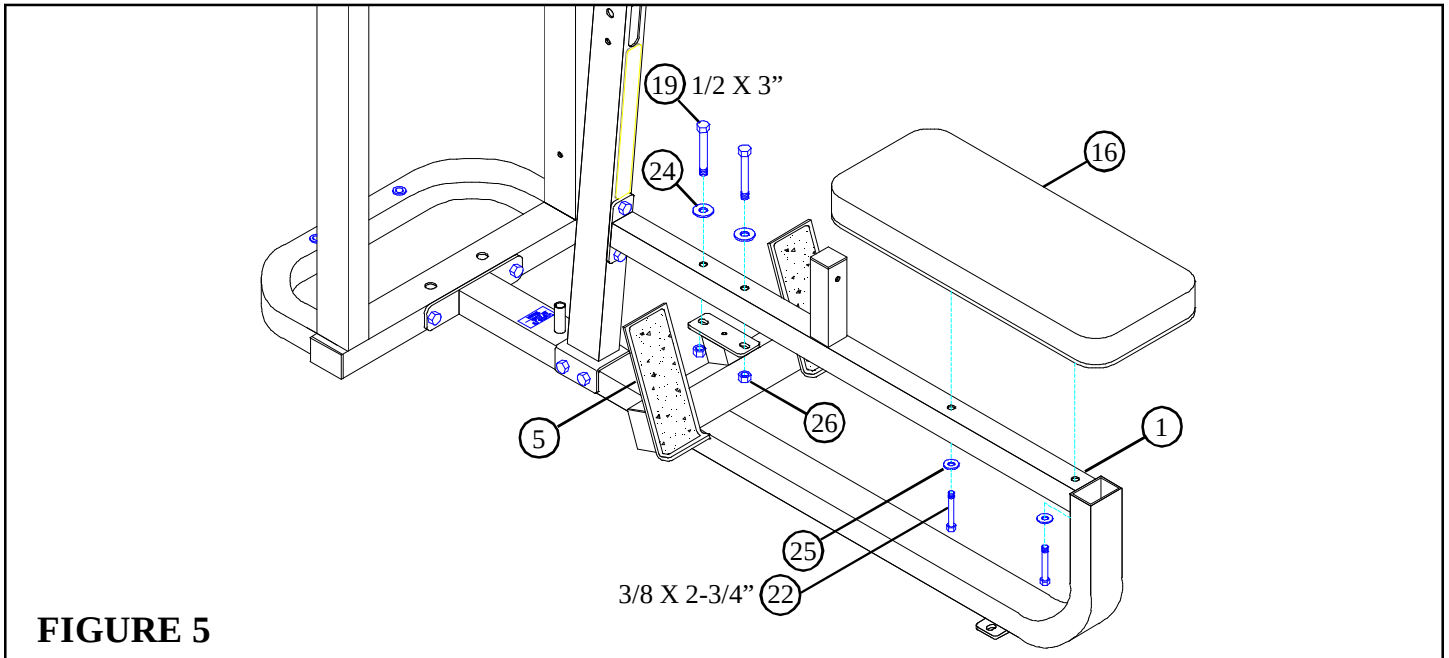
STEP 3:

- **SECURELY** assemble three 4-1/2" PULLEYS (13) to the TOP BOOM (2) using three 3/8 X 2-3/4" BOLTS (22), six 3/8" FLANGE SPACERS (28), and three 3/8" LOCK NUTS (27) as shown in FIGURE 3.



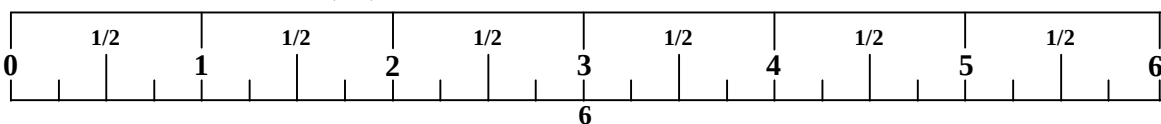
STEP 4

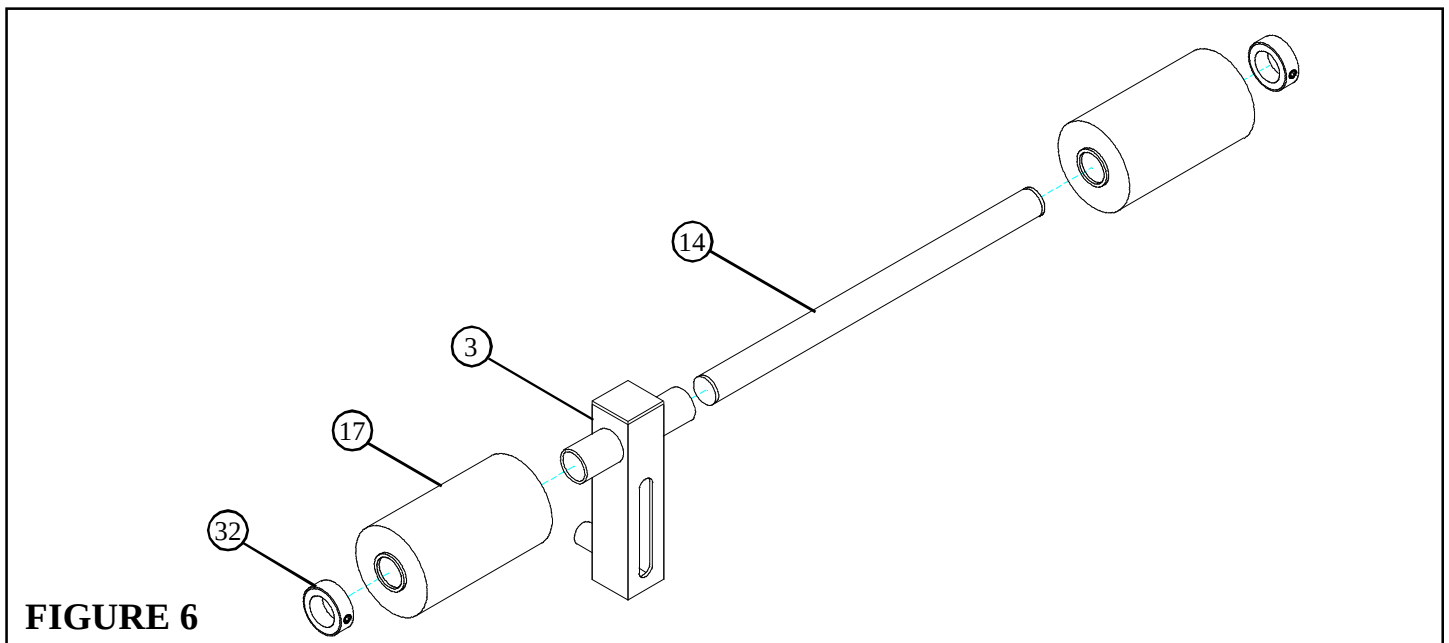
- **LOOSELY** assemble the TOP BOOM (2) to the TOWER (6) and the UPRIGHT (4) using four 1/2 X 4" BOLTS (18), four 1/2" WASHERS (24), and three 1/2" LOCK NUTS (26) as shown in FIGURE 4.
- **Securely tighten all loose frame connections made to this point.**



STEP 5:

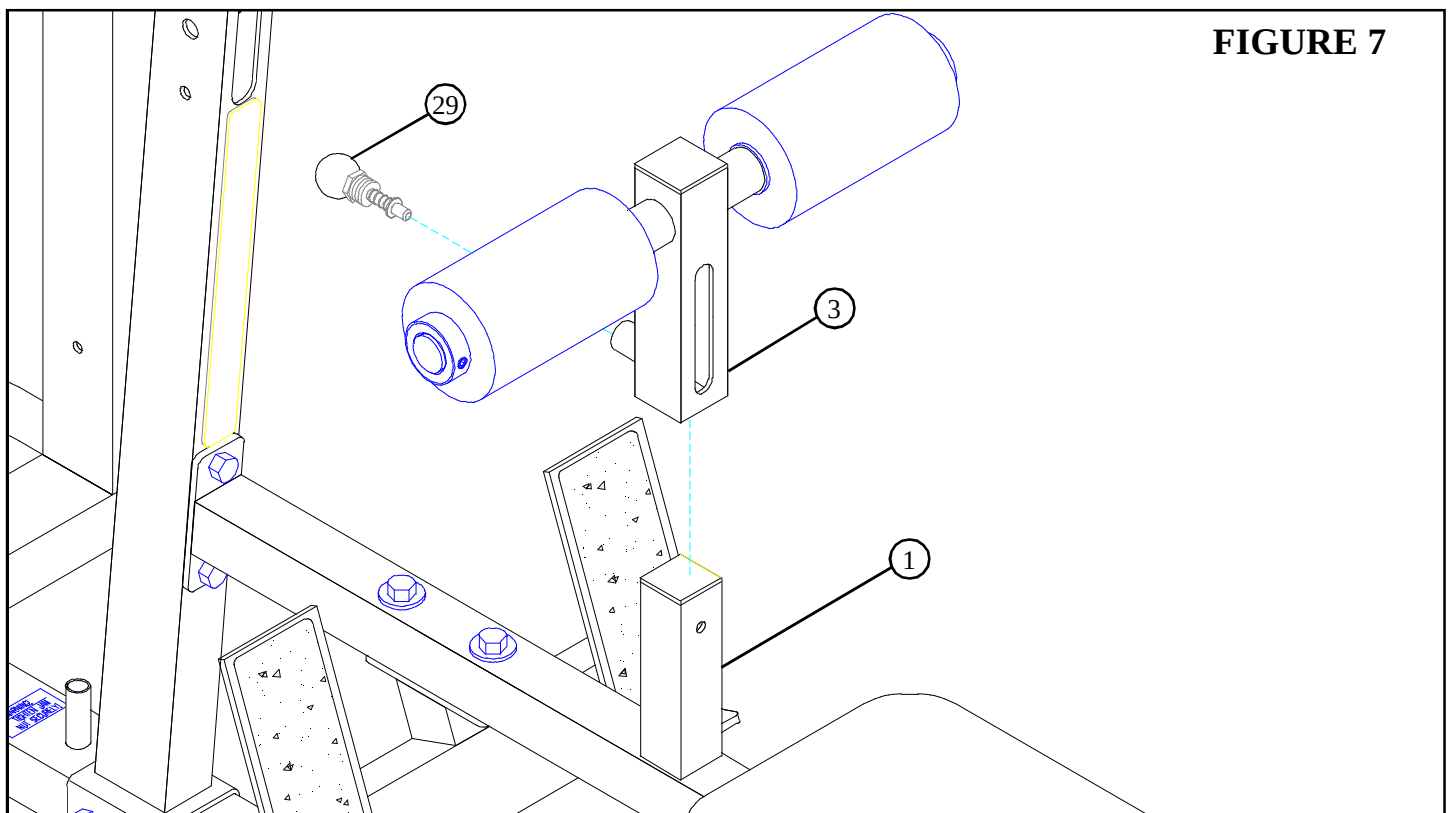
- **SECURELY** assemble FOOT SUPPORT (5) to the BENCH FRAME (1) using two 1/2 X 3" BOLTS (19), two 1/2" WASHERS (24), and two 1/2" LOCK NUTS (26) as shown in FIGURE 5.
- **SECURELY** assemble SEAT PAD (16) to the BENCH FRAME (1) using two 3/8 X 2-3/4" BOLTS (22) and two 3/8" WASHERS (25) as shown in FIGURE 5.





STEP 6:

- **SECURELY** assemble two ROLLER PADS (17) to the KNEE SUPPORT (3) using one 21-1/2" TUBE (14) and two 1-5/16" SHAFT COLLARS (32). **SECURELY** tighten set screws on SHAFT COLLARS (32). See FIGURE 6.



STEP 7:

- **SECURELY** assemble the 3/8" SPRING PIN (29) to the SPRING PIN HOUSING on the KNEE SUPPORT (3) as shown in FIGURE 7.
- Pull back on SPRING PIN and slide KNEE SUPPORT (3) over square tube on BENCH FRAME (1) as shown in FIGURE 7.

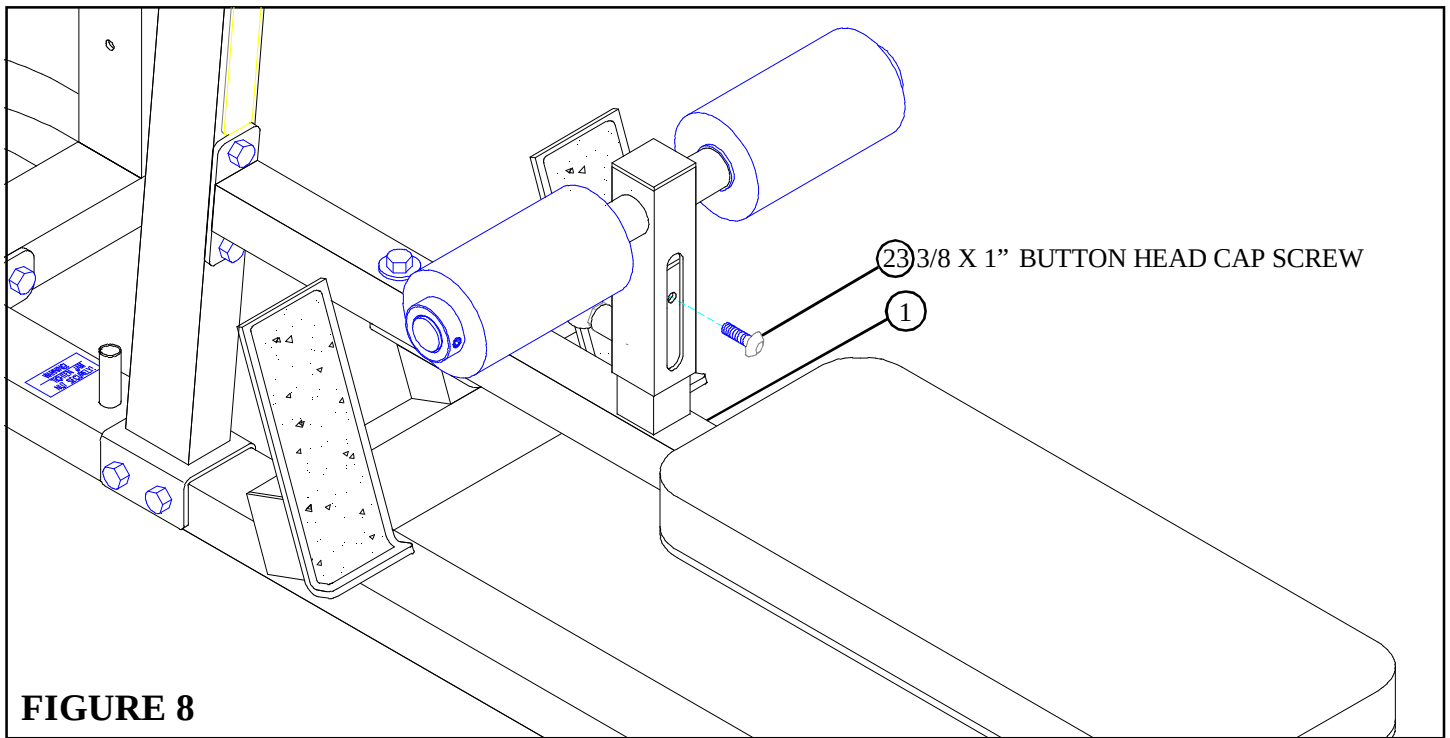


FIGURE 8

STEP 8:

SECURELY assemble one 3/8 X 1" BUTTON HEAD CAP SCREW (23) into the threaded hole on the BENCH FRAME (1) as shown in FIGURE 8.

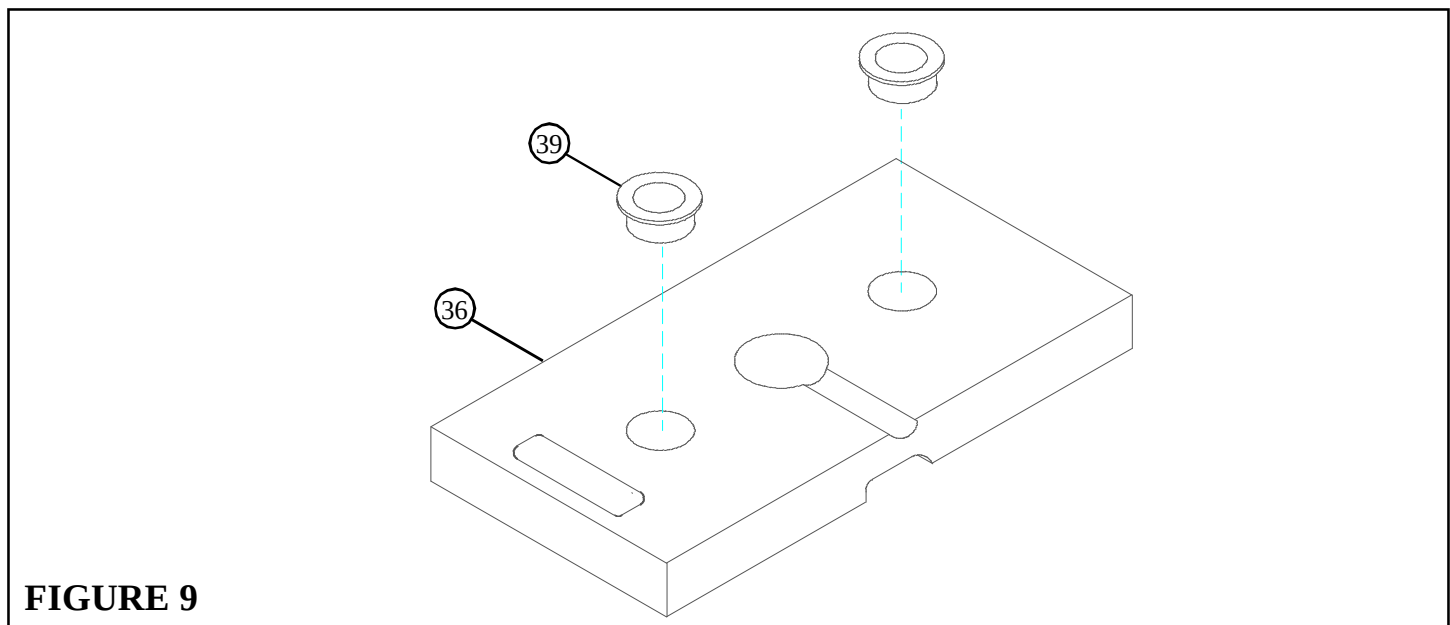
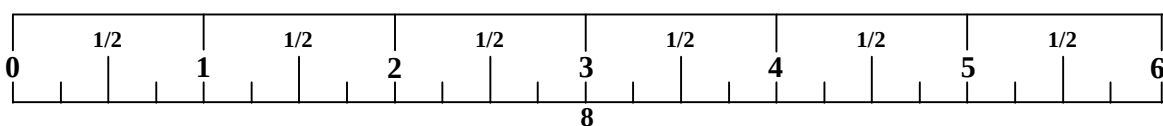


FIGURE 9

STEP 9:

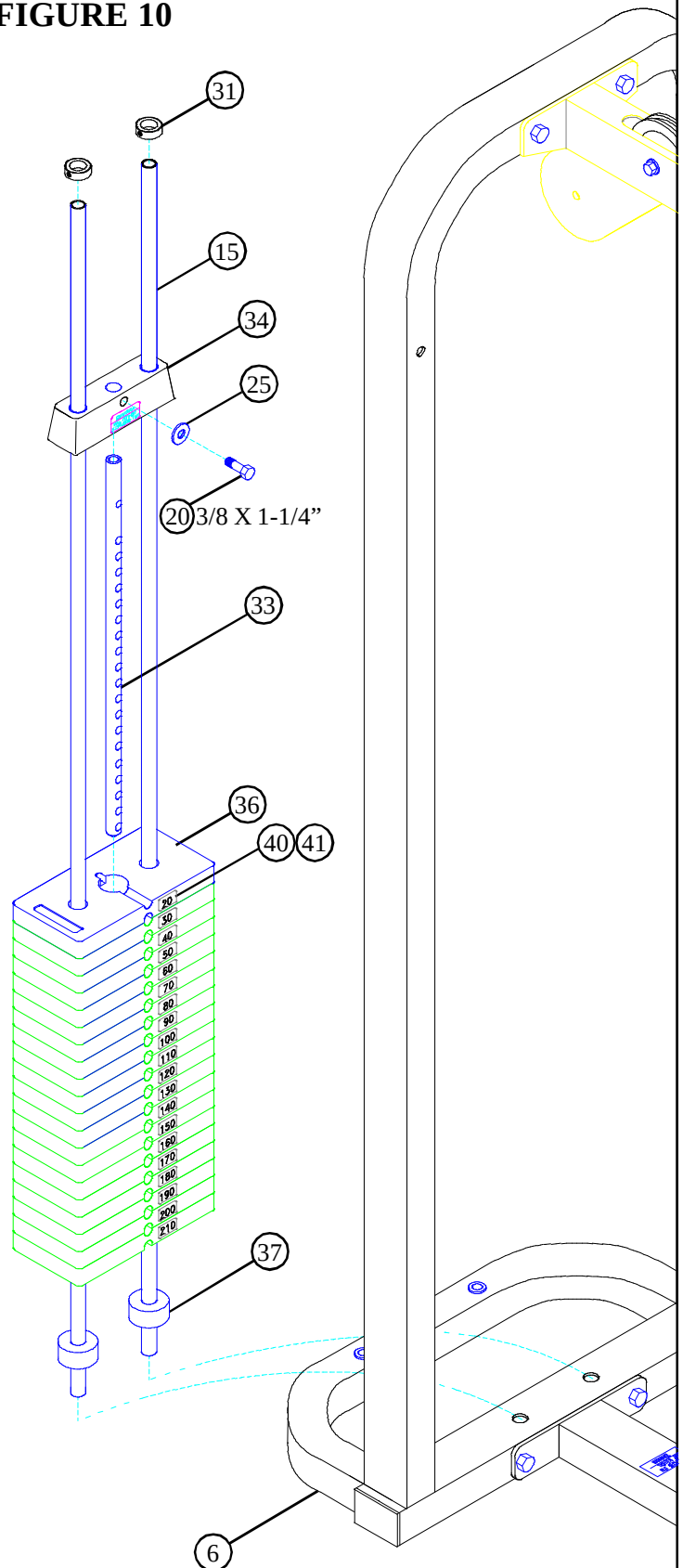
- Snap two WEIGHT PLATE BUSHINGS (39) into the top of all twenty WEIGHT PLATES (36) as shown in FIGURE 9.



STEP 10

- Insert the two GUIDE RODS (15) into the base of the TOWER (6) as shown in FIGURE 10. Lubricate the GUIDE RODS (15) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (37) down over the GUIDE RODS (15). See FIGURE 10.
- Using **EXTREME CARE** slide twenty WEIGHT PLATES (36) down over the GUIDE RODS (15) with the key-hole facing as shown in FIGURE 10.
- Securely assemble the WEIGHT STACK SHAFT (33) to the HEAD PLATE (34) using one 3/8 X 1-1/4" BOLT (20) and one 3/8" WASHER (25). (**Note: The bolt hole in the HEAD PLATE (34) should be on top.**)
- Carefully Slide the HEAD PLATE ASSEMBLY (33 & 34) down over the GUIDE RODS (15) onto the weight stack as shown in FIGURE 10.
- Slide two 13/16" SHAFT COLLARS (31) over the GUIDE RODS (15) as shown in FIGURE 10.
- Apply one set of WEIGHT STACK LABELS - LBS. OR 1-25 (40) (41) to each WEIGHT PLATE (36) as shown in FIGURE 10..

FIGURE 10



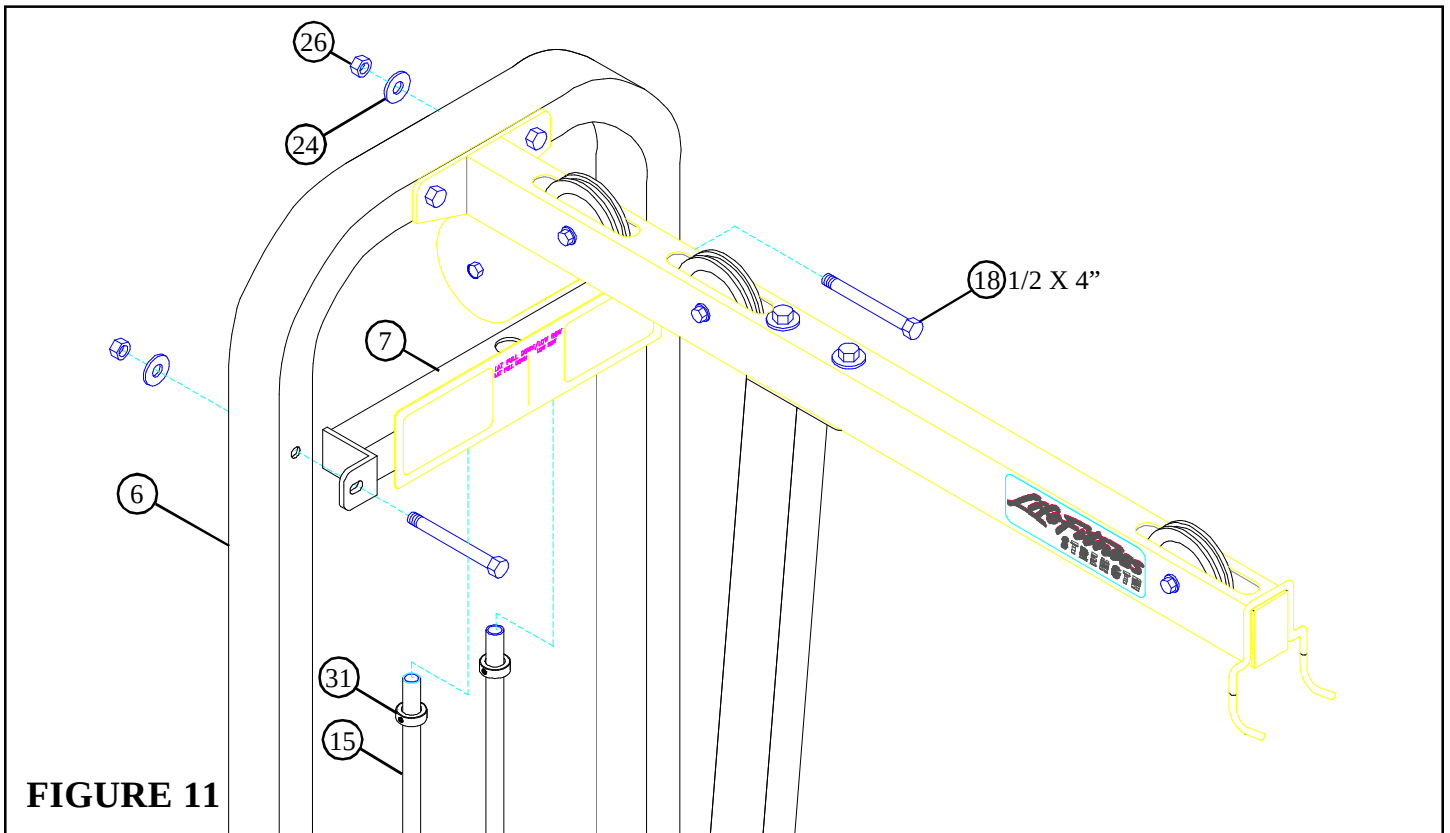


FIGURE 11

STEP 11:

- Place TOWER BRACE (7) over the GUIDE RODS (15) as shown and **SECURELY** assemble TOWER BRACE (7) to the TOWER (6) using two 1/2 X 4" BOLTS (18), two 1/2" WASHERS (24), and two 1/2" LOCK NUTS (26) as shown in FIGURE 11.
- Slide the 13/16" SHAFT COLLARS (31) to the top of the GUIDE RODS (15) and **SECURELY** tighten the SHAFT COLLAR (31) set screws. See FIGURE 11.

STEP 12:

- **LOOSELY** assemble two 2 X 7-1/4" PLATES (8) to two 4-1/2" PULLEYS (13) using two 3/8 X 2-1/4" BOLTS (21), four 3/8" WASHERS (25), and two 3/8" LOCK NUTS (27). See FIGURE 12.

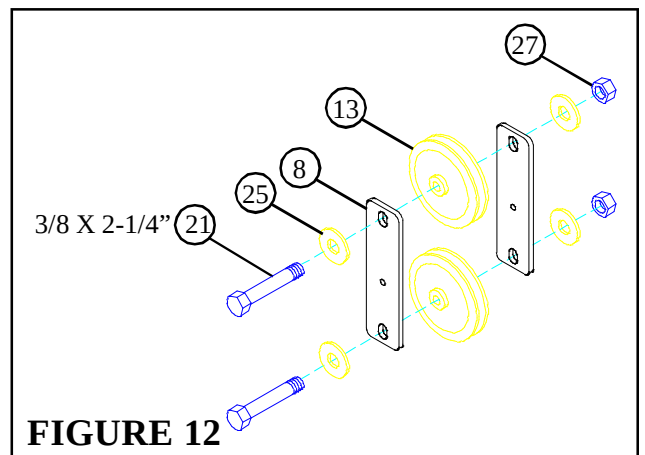


FIGURE 12

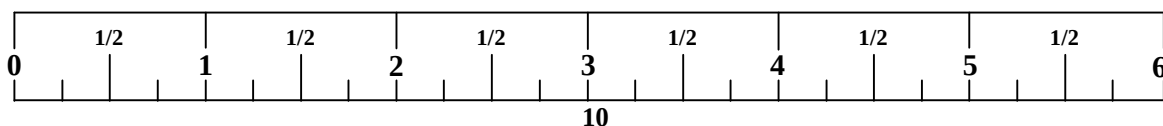
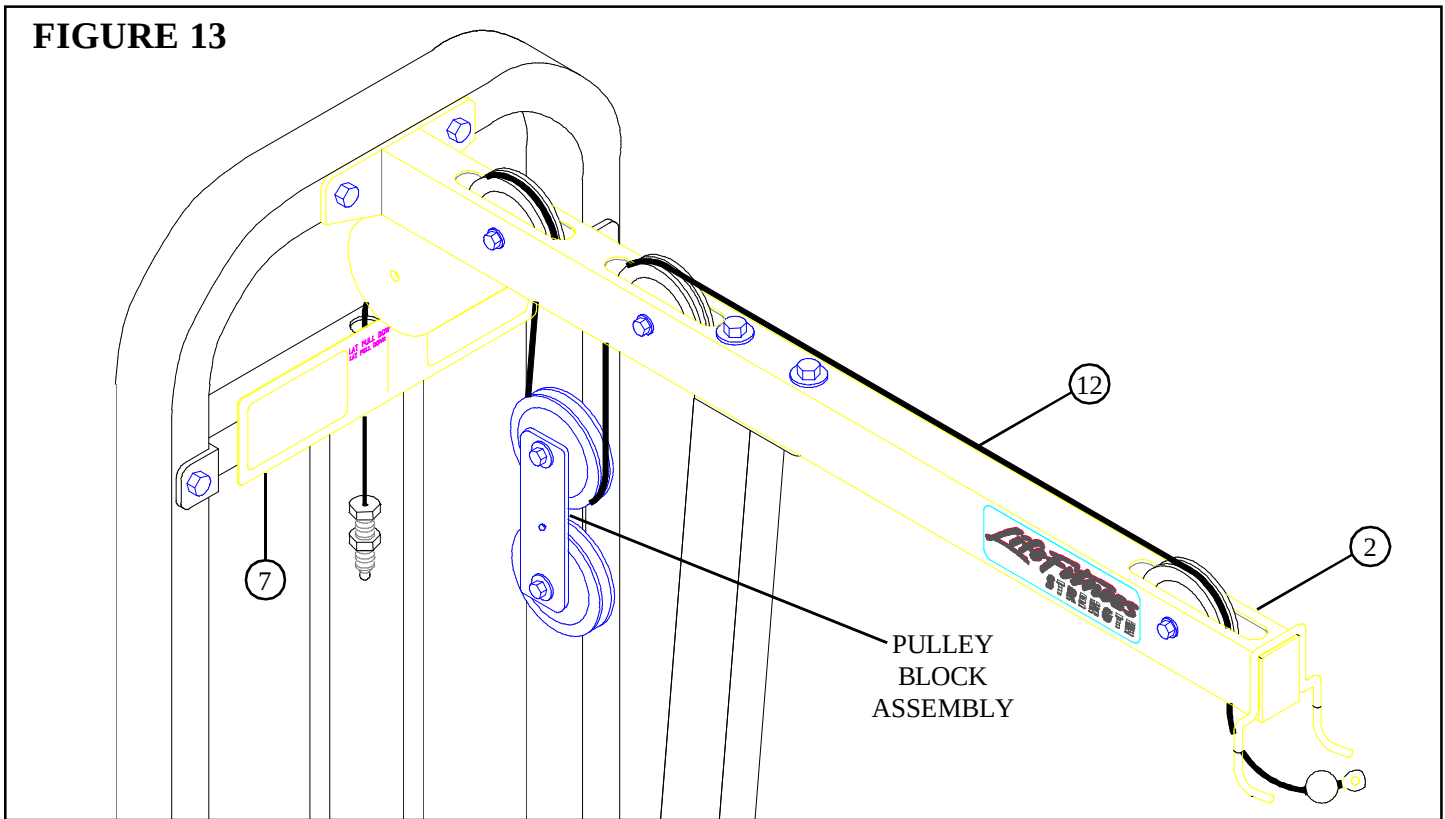


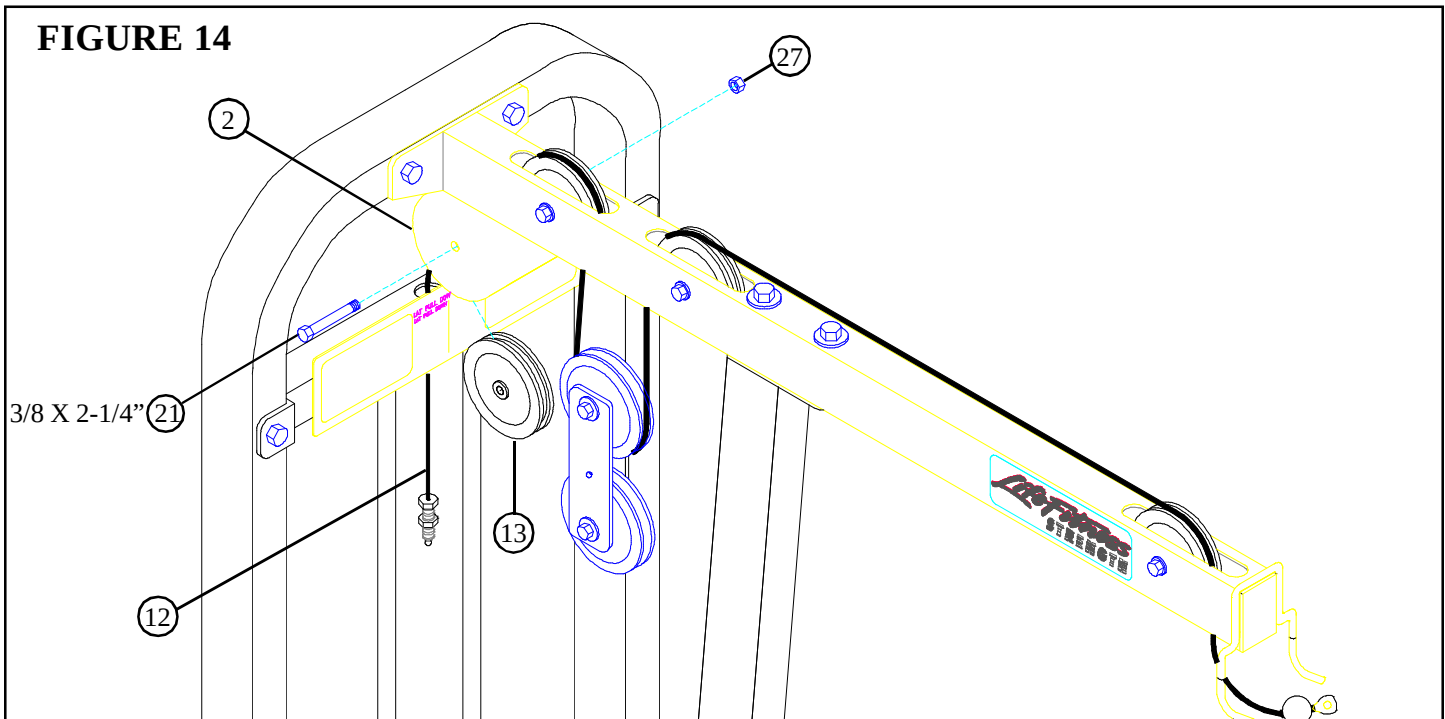
FIGURE 13



STEP 13:

- Route threaded end of the 122-3/4" LAT CABLE (12) around pulleys in TOP BOOM (2) and PULLEY BLOCK ASSEMBLY. Route 122-3/4" LAT CABLE (12) down through hole in TOWER BRACE (7) as shown in FIGURE 13.

FIGURE 14



STEP 14:

- **SECURELY** assemble one 4-1/2" PULLEY (13) between the plates of the TOP BOOM (2) using one 3/8 X 2-1/4" BOLT (21) and one 3/8" LOCK NUT (27) as shown in FIGURE 14. **(NOTE: Make sure the cable runs in the groove of the PULLEY.)**

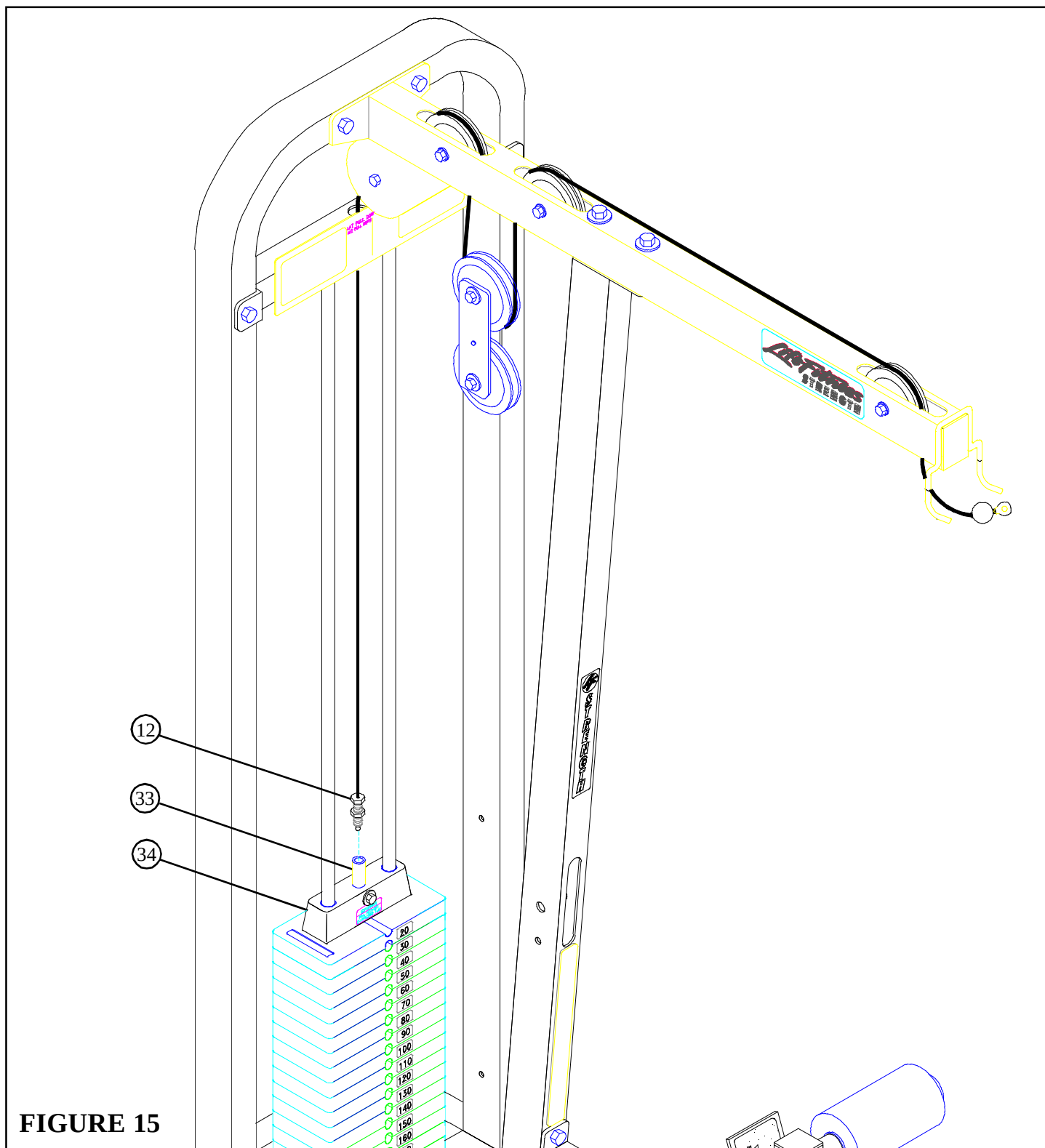
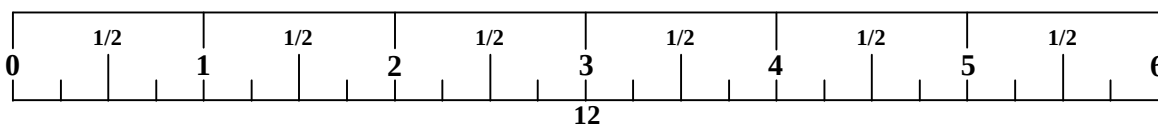


FIGURE 15

STEP 15:

- Screw the treaded end of the 122-3/4" LAT CABLE (12) approximately 1" into the end of the-WEIGHT STACK SHAFT (33) of the HEAD PLATE (34) and tighten jam nut securely.



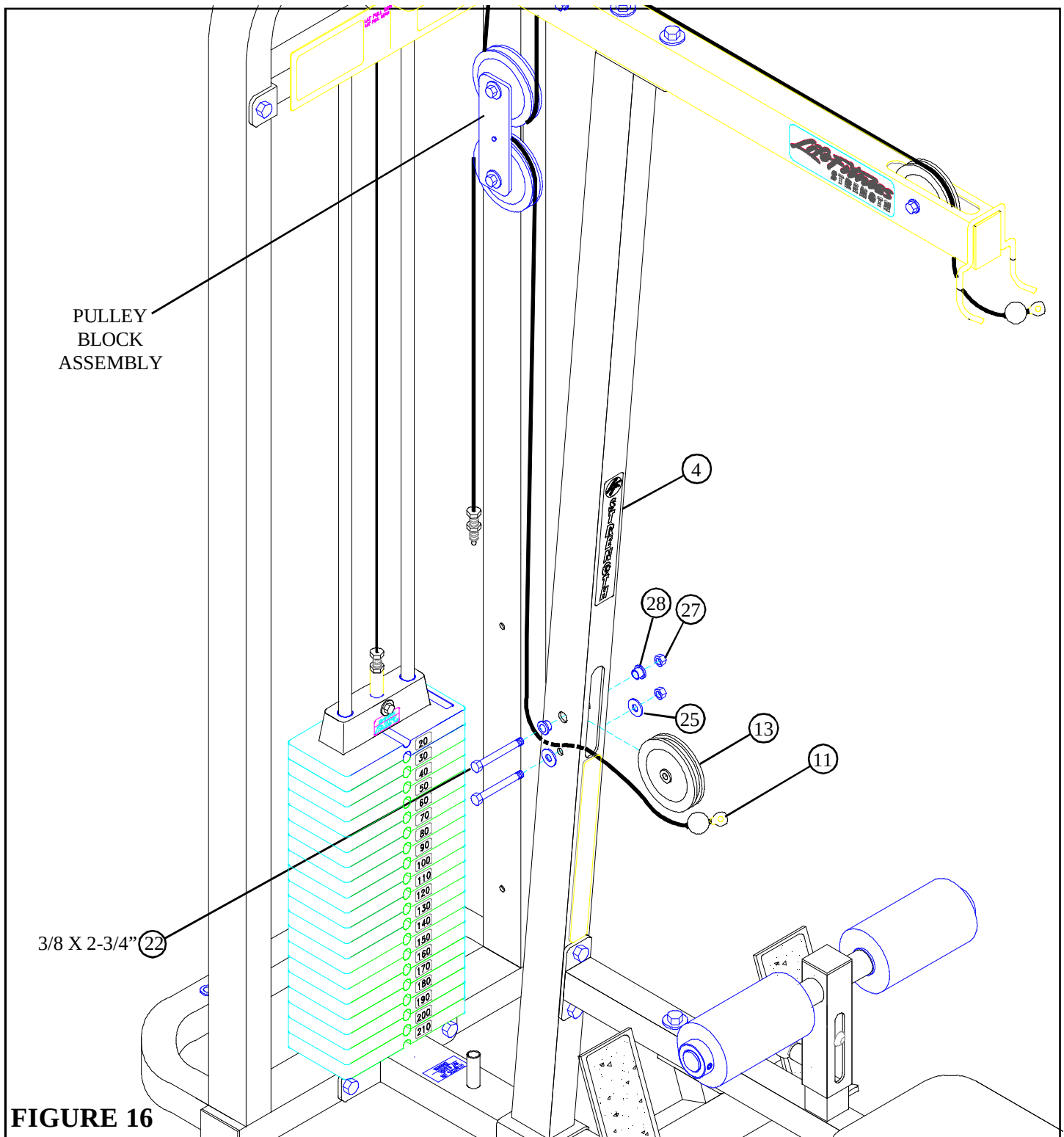


FIGURE 16

STEP 16:

- Route the threaded end of the 112-3/4" LOW ROW CABLE (11) through the UPRIGHT (4) as shown, then **SECURELY** assemble one 4-1/2" PULLEY (13) to the UPRIGHT (4) and over the top of the cable using two 3/8 X 2-3/4" BOLTS (22), two 3/8" FLANGE SPACERS (28), two 3/8" WASHERS (25), and two 3/8" LOCKNUTS (27). (**NOTE: The LOW ROW CABLE (11) should be routed over the retaining bolt as shown in FIGURE 16.**)
- Route threaded end of the 112-3/4" LOW ROW CABLE (11) around the bottom pulley of the PULLEY BLOCK ASSEMBLY as shown in FIGURE 16.

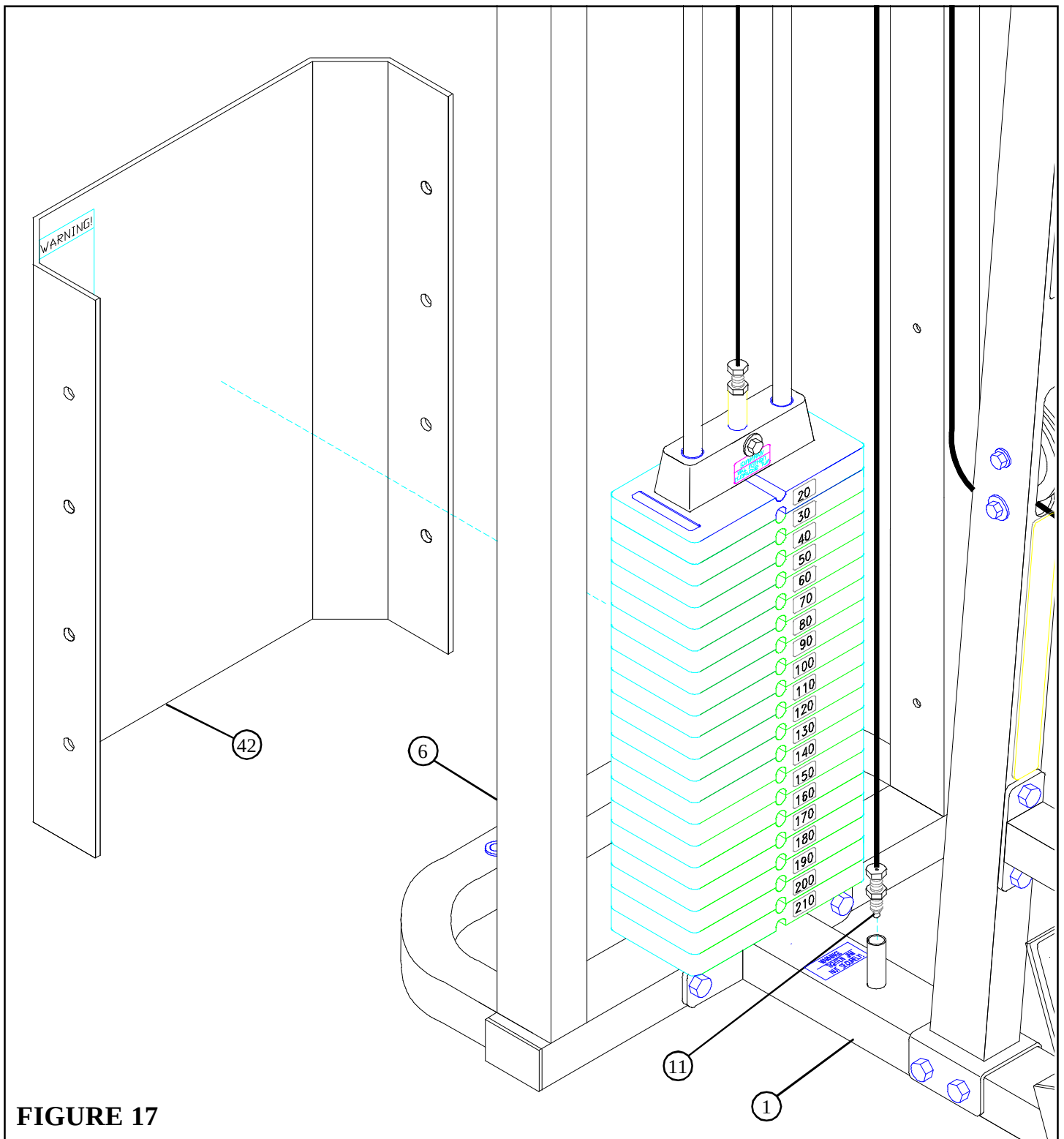
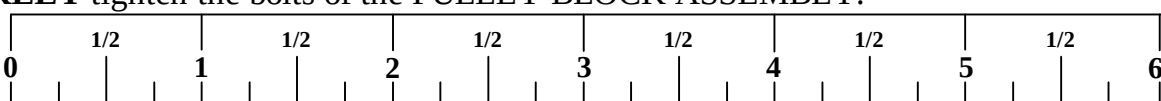
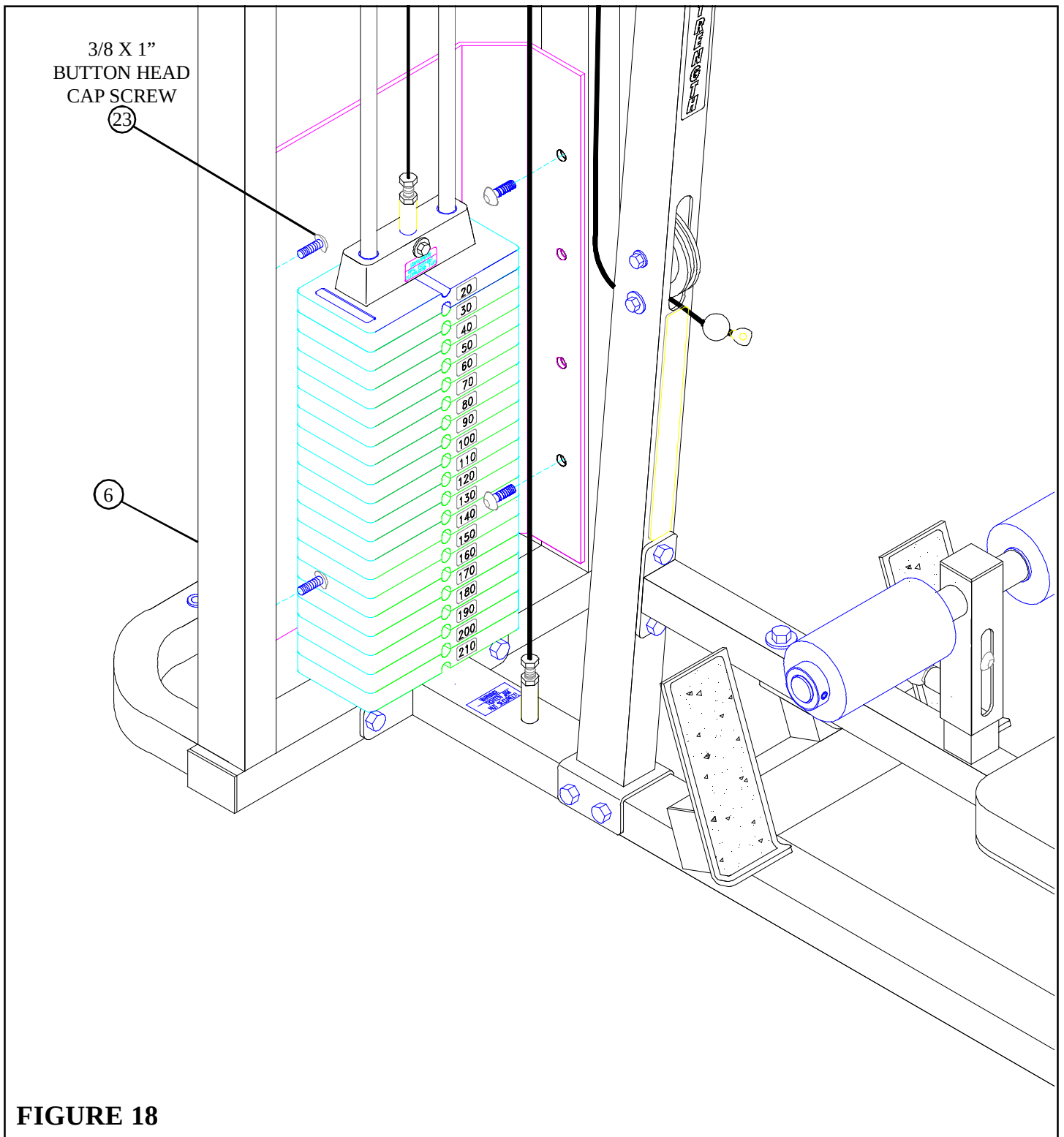


FIGURE 17

STEP 17:

- Screw the threaded end of the 112-3/4" LOW ROW CABLE (11) into threaded housing on the base of BENCH FRAME (1) and tighten jam nut securely.
- Slide the SHROUD (42) between the TOWER (6) as shown in FIGURE 17.
- **SECURELY** tighten the bolts of the PULLEY BLOCK ASSEMBLY.





STEP 18:

- **SECURELY** assemble the SHROUD (42) to the TOWER (6) using four 3/8 X 1" BUTTON HEAD CAP SCREWS (23) as shown in FIGURE 18.

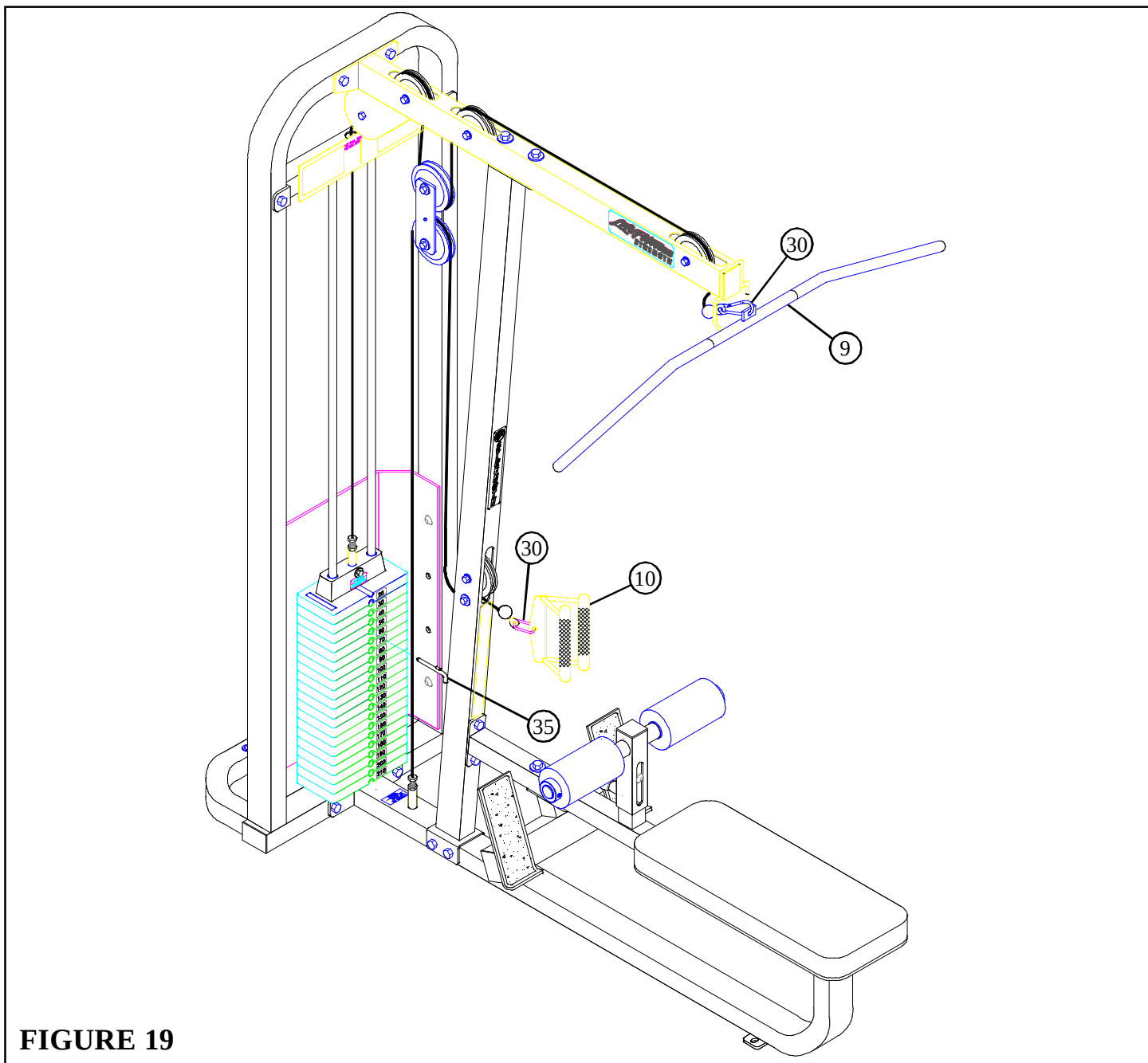


FIGURE 19

STEP 19:

- Attach LAT BAR (9) & DOUBLE D CHROME HANDLE (10) to ball ends of cables using two 5/16" SNAP HOOKS (30). See FIGURE 19.
- Insert the SELECTOR PIN (35) into the WEIGHT STACK as shown.
- If the HEAD PLATE (34) does not sit on top of the first WEIGHT PLATE (5), push the head plate down, insert the SELECTOR PIN (35) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (34) from lifting up.
- If after completing previous step the HEAD PLATE (34) still does not sit on top of the first WEIGHT PLATE (36) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

Thank you for purchasing the LifeFitness 8210 LAT PULLDOWN/LOW ROW. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.